

STATE BUREAU OF CHILD HYGIENE.

The Bureau of Child Hygiene of the State Board of Health became an entity following the passage of a law at the last legislature, but the director of this bureau was not appointed until the State Civil Service Commission certified physicians who had passed an examination. As a result of this examination, Dr. Ethel Watters was appointed director on December 6, 1919. In this appointment, the new bureau has acquired a director of unusually fine training, capacity and personality. Dr. Watters is a graduate of Santa Cruz high school, Stanford University, and Johns Hopkins Medical School. Her interne service was spent at the Children's Hospital, San Francisco. For three years she has had charge of the juvenile court children in San Francisco. For two years past, she has been sanitarian of the Social Hygiene Bureau of the State Board of Health.

The personnel of the new bureau is limited to one physician and an assistant who may be a public health nurse; as yet, this assistant has not been chosen. Although all matters pertaining to child hygiene are of interest to the bureau, it will be the policy, during the coming year, to limit the work to prenatal care, infant welfare and hygiene of the child under six years.

Maternity centers are much needed in some parts of the state, and already, such stations are rapidly being formed. Prenatal care and well-baby conferences are the features of such centers. No treatment will be given, but if it is necessary, the patient will be referred to the family physician or to a clinic.

The co-operation of the physicians in the state with the Children's Year Committee resulted in such a large amount of good that the Bureau of Child Hygiene has no hesitancy in appealing again to the medical profession. It is only through the combined efforts of the public health nurse and the local physician that mothers may be taught simple rules of hygiene, and proper regulation of the lives of their children. Each one of these new centers will require about one hour a week from some physician, and if several physicians are willing to examine the children it will mean a further division of the task.

The Bureau of Child Hygiene will prepare exhibits for the temporary use of local communities; it will print and distribute pamphlets, and it will possess lantern slides and moving pictures for free circulation. Recently, the federal Children's Bureau published the minimum standards for the public protection of the health of children and mothers. These standards were devised after the conferences held in May and June, 1919. It will be the effort of the Child Hygiene Bureau to uphold these standards and to make them the basis of the child welfare program of California.

The establishment of this bureau and the appointment of its first director are signal advance steps in the public health program of the state. In another column are published the minimum standards for the public protection of the health of children and mothers, as promulgated by the Children's Bureau.

CALIFORNIA'S MINERAL SPRINGS.

Of all therapeutic methods in use by the medical profession few, doubtless, can claim the antiquity, and the unreserved commendation of immemorial use, so thoroughly as baths and the use of mineral springs both internally and externally. Even before the time of the great development of hydrology by the Romans, it is recorded that Naaman was cured of his leprosy by bathing in the holy waters of the Jordan. The countless millions who to-day hold bathing in the dark waters of the Ganges to serve for physical as well as spiritual healing, are but witnesses to some instinctive empyric idea of benefit to be derived from bathing in prescribed waters. On reflection, it is astonishing how prominent in our modern life is the position held by bathing as a ceremonial rite of religion and of health alike. From baptism to the allegorical crossing of Jordan's last waters, from bathing for cleanliness to the therapeutic use of chemical springs, the idea of health is uppermost.

Small wonder that mineral springs have received, therefore, the attention bestowed on them in England and the continent of Europe, and great wonder, indeed, that in these United States they have received comparatively so little attention. California, the health state of the Union, with its enormous geologic diversity, could be expected to prove remarkably rich in its supply of mineral springs. And such is the case. It is well worth attention from the medical profession to appreciate the unusual therapeutic advantages available naturally in California and such appreciation will undoubtedly lead to their proper exploitation and development.

A recent bulletin of the University of Southern California is devoted to a most readable article by Professor G. E. Bailey on some hot springs of Southern California. Being a geologist, Professor Bailey describes with authority the natural resources of the state in mineral springs. He states that "California has more natural springs of commercial value than any other equal area in the world." He recommends that some of these are of such therapeutic value that they should be taken over by the government as has been done in many similar instances in England and France.

Professor Bailey explains that hot springs are related to deep fault lines which allow waters to escape from great depths in the earth and make their way to the lower temperature and pressure of the surface. One of the major fault lines is the so-called Andreas fault, starting from Tejon Pass and running northward straight to San Francisco and thence to Cape Mendocino, and again starting from Tejon Pass and running southward along the Sierra Madre range to Cajon Pass, Arrowhead, San Geronio Pass and the Salton Sea. A slip in this fault caused the great earthquake of 1906. A similar fault line follows the eastern base of the high Sierras. Shorter lines are found parallel and secondary to these. Short major lines also follow the Klamath and Cascade ranges and Mount Lassen. Practically all of the

hot springs of the state are related to these fault lines.

Waters rising from a fault in igneous rock, are apt to be virgin or juvenile waters which see the light of day for the first time in untold ages. Such springs are unaffected by rainfall, are very apt to be radio-active and are apt to contain rare and beneficial elements not found in surface waters. Springs which start from a fault and then pass through sedimentary rock are more apt to be loaded with minerals from these sediments. Juvenile waters may, as in the case of the Carlsbad springs, issue from the "fundamental magma" and bring new additions to the earth's surface. There is reason for the belief that many Californian hot springs are magmatic in origin and therefore of peculiar possibilities in content and therapeutic employment.

Commercial analyses are too apt to leave unmentioned or to list merely as "traces" the rarer elements which may in reality be the source of a spring's potency. The newer knowledge of radium and other emanations and radiations likewise shows the importance of an intelligent, and systematic study of the natural springs. The medical profession should lead in securing such adequate study for the springs of California and in the development of the wonderful therapeutic possibilities therein lying.

ANNUAL MEETING OF THE LEAGUE.

The third annual meeting of the League for the Conservation of Public Health was held in the Blue Room of the St. Francis Hotel, December 29th. A complete review of the comprehensive work of the League was given in a report by Dr. Charles D. McGettigan, Chairman of the Executive Committee.

Delegates from various sections of the State commented enthusiastically upon the effective work of the League and the Chairman's report was unanimously adopted.

From this report of the Executive Committee, we find that representatives of the League have been very busy during the past year, as they have traveled more than 50,000 miles through California in advancing the purposes to which the League is dedicated. That there was no lost motion, and that the good seed that was sown on the ground covered was growing sturdily was evidenced by abundant facts.

Following a review of the many pernicious measures that were successfully opposed by the League, and others that were successfully supported during the Forty-third session of the Legislature, the Chairman's report set forth the substantial progress made in the notable constructive work of the League.

"Among the performances of the League," the Executive report recites, "to which we point with particular pride is the service which we have inaugurated for the betterment of the hospitals of the State. The League's program comprehends a gradual improvement and development of the progressive hospitals of the State to accomplish

the maximum good for all. All hospitals of the State will be surveyed as rapidly as possible and the information filled and filed under the 58 headings of our Official Hospital Survey Report. A duplicate of these reports, covering each hospital, is sent to the American Medical Association.

"The comments that we have received from a number of hospitals already surveyed are uniformly encouraging and assuring. All acknowledge that they have advantageously followed the suggestions given at the time of survey and are eagerly seeking further guidance. It is through this practical follow-up service and continuous touch that the League will strengthen the imperfect hospitals and perfect the better ones."

The League is planning to hold this spring a State-wide Conference of the Hospitals of the State to discuss some of the hospital problems revealed by the survey that is being made under the direction of its Section for The Advancement of Medical Education and Science. The thoroughness of the important work of this Section is insured by the following personnel: Dr. W. E. Musgrave, Chairman, Dr. Wm. Ophuls, Dr. George Whipple, Dr. Stanley P. Black and Dr. Dudley Fulton.

That we are fortunate in California to have an independent organization to undertake the practical promotion of hospital service, unhampered by conflicting organizations, and encouraged by the cordial co-operation of all essential factors, is an opinion also shared by national leaders in the hospital betterment movement.

The aim of the League is to include only worthy institutions, whether large or small, in its Hospital membership, and thereby enlarge the service and advance the interests of those hospitals which are endeavoring to give the standard of service to which their particular communities are entitled.

It is not only the medical profession, which has too long endured the heavy handicap imposed by misfit methods of poor hospitals, that is welcoming the work of the League, but Chambers of Commerce and business organizations in several communities have enlisted the services of the League to develop hospital sentiment and make proposed new hospitals community service centers.

Another worthy enterprise of the League that is of interest not only to all the ethical members of the medical profession but to all the people of the State, is the strengthening of the Medical Practice Act. This work, it was declared, was making steady progress under the direction of Dr. Wm. Ophuls. A great number of helpful suggestions have been received by Dr. Ophuls from various doctors of California. After all the suggestions are received, the plan of the Chairman is to discuss them with those possessing particular information on the educational, administrative and enforcement features of the Medical Practice Act, so that the obscure portions of the present act may be clarified and the weak portions strengthened. Then the science and art of